

NUTRITION GUIDE



GEORGESTPIERRE

RUSHFIT

BUILD MUSCLE, CUT WEIGHT & GET IN SHAPE.

www.gsprushfit.com





GEORGES^{TP}PIERRE

RUSHFIT

NUTRITION GUIDE

Maximize Results with RUSHFIT Nutrition	2
RUSHFIT Training Camp Nutrition Challenge	3
How Much Do I Need to Eat?	4
Weight Loss	6
Food Basics	8
Pre/Post Workout Guidelines	10
List of Do's	12
List of Don'ts	14
The Super Foods	16
Your Day at a Glance	18
Managing Your Diet	20



GEORGES ST-PIERRE

RUSHFIT

MAXIMIZE RESULTS WITH RUSHFIT NUTRITION

Nutrition is a vital but often overlooked element of a training program; it's as important to any workout program as exercise, repetitions and time spent sweating. If you don't properly fuel your body, it won't perform its best and, if you don't eat the right foods afterwards, recovery and results will be weak. Eating right and maintaining a balanced diet will maximize your returns on workouts and build energy and strength moving forward.

THE GUIDELINES IN THIS BOOK ARE CRUCIAL

Sports nutrition is designed with optimal amounts of the right foods when you need them the most to accelerate muscle growth, endurance, raw energy and the repair of body tissue. Nourish your body by eating whole, healthy foods and avoiding additives and certain foods (DO's and DON'T's lists are included in this guide). If you can follow these guidelines you will feel stronger, sleep better and recover faster. A tough training program demands certain supplies for the body; answer the challenge by fuelling up with the best nutrients to boost your performance.



RUSHFIT TRAINING CAMP

NUTRITION CHALLENGE

DURING THIS TRAINING CAMP YOU WILL

- Schedule time to shop for, prepare, and eat the right food.
- Eat and drink within the guide-lines.
- Aim for smaller, healthy meals every 2-3 hours or have breakfast, lunch and dinner with two snacks (mid-morning and mid-afternoon).
- Drink plenty of water: between 6-8 glasses a day, or 2-3 pints.
- Stretch and recover actively to heal.
- Get plenty of sleep to reduce stress and regenerate the body – 7-8 hours a night.
- Avoid processed foods such as:
 - fast food, deli food, and pre-packaged meals
 - alcohol, coffee, refined sugar, pop
 - white flour, white bread, white pasta, etc.
 - preservatives and fillers

Stick with the Nutrition Guide for the entire 8 week program. The next four pages are essential to understand how much you should be eating; they are even more important for anyone looking to specifically lose weight.



GEORGES ST-PIERRE

RUSHFIT

HOW MUCH DO I NEED TO EAT?

To understand the how much you need to eat, use the **Basal Metabolic Rate** worksheet and calculate your individual needs. Basal Metabolic Rate is the number of calories required in one day for your body, age and activity level. This is a very useful tool for helping you manage your diet.

How to calculate your Basal Metabolic Rate:

STEP ONE

Complete the following calculations using your height and weight from page 9 in the Workout Guide.

WOMEN

$655 + [4.3 \times \text{your weight in pounds}] + [4.7 \times \text{your height in inches}] - [4.7 \times \text{your age in years}] = \underline{\hspace{2cm}}$

MEN

$66 + [6.3 \times \text{your weight in pounds}] + [12.9 \times \text{your height in inches}] - [6.8 \times \text{your age in years}] = \underline{\hspace{2cm}}$

*These numbers are accurate and not a misprint. The BMR formula uses the variables of height, weight, age and gender to calculate the Basal Metabolic Rate [BMR]. This is more accurate than calculating caloric needs based on body weight alone. The only factor it omits is lean body mass and thus the ratio of muscle-to-fat a body has. Remember, leaner bodies need more calories than less leaner ones. Therefore, this equation will be very accurate for most average sized people.

STEP TWO

Multiply the number from step one **by your current activity factor:**

SEDENTARY

If you exercise 1-2x/week:

(your number from Step 1) x 1.2 = **YOUR BMR**

MODERATELY:

If you exercise 2-4x/week:

(your number from Step 1) x 1.4 = **YOUR BMR**

VERY ACTIVE:

If you exercise 4-6x/week:

(your number from Step 1) x 1.6 = **YOUR BMR**

STEP THREE

Enter your BMR here AND on page 9 of the Personal Information in the Workout Guide.

MY BMR: _____

WEIGHT LOSS

If weight loss is one of your goals, it's easy to accomplish using the following steps. Now that you have an estimate of how many calories your body needs, simply consume LESS than that and your body will be forced to access its stored fat to make up the difference. That's how you lose fat: force your body to use stored energy by controlling the "energy" (aka calories) you put into it. To know exactly how many calories you burn, purchase a heart rate monitor with a calorie counter on it to wear during your workouts.

CALORIE EQUATION

$$\text{calories burned} - \text{calories eaten} = \text{calorie deficit}$$

Example:

MONDAY	
IN	1,850
BMR -	1,750
OUT -	350
+ -	250

- IN** How many calories consumed today
- BMR** Basal Metabolic Rate
- OUT** How many calories burned today
- +/-** The total calorie deficit or surplus

Once you accumulate a 3,500 calorie deficit, you've burned off 1 pound of fat! By controlling the calorie deficit, you can control your weight loss.



THE DAILY DEFICIT

- 450 calories	lose 1/8 pound a day, 6.9 pounds of fat in 8 weeks
- 900 calories	lose 1/4 pound a day, 13.75 pounds of fat in 8 weeks
- 1,100 calories	lose 1/3 pound a day, 18.75 pounds of fat in 8 weeks
- 1,600 calories	lose 1/2 pound a day, 28 pounds of fat in 8 weeks

Creating this deficit can be done by decreasing calorie intake and increasing your caloric burn with additional physical activity. By controlling the calorie deficit, you can control your weight loss!

Remember, when you are planning your healthy eating program and weight loss is your goal, you need to make sure you are eating enough calories. If you eat too little your body will go into 'storage' mode and actually hold on to excess fat. Your daily caloric intake must be above 1200 calories per day.

A healthy weight loss goal is one to two pounds per week.



FOOD BASICS

BASIC NUTRIENTS TO KNOW

A regular meal should be made up of complex carbohydrates, protein, and healthy unsaturated fats.

These nutrients are detailed as follows:

- CARBOHYDRATES (CARBS) - primary source of energy
- LEAN PROTEIN - building blocks for growth and repair of lean muscle
- HEALTHY FAT - digestive aid and fuel storage

CARBOHYDRATES

Carbs are the first choice of energy for your body during intense exercise. Recent diet fads mistakenly singled out carbs as bad factors in the diet. The truth is, overconsumption of any nutrient will lead to excess weight gain. Anyone in a serious training program needs to depend on carbs to satisfy energy needs and support muscle recovery. Natural sources of carbohydrates are fruits, vegetables and grains.

Carbohydrates come in two forms:

- COMPLEX: Richer in nutrients from unprocessed foods like whole grain pasta, brown rice, breads, oatmeal, vegetables, and fruits.
- SIMPLE: Commonly called sugars, these carbs come from sources like table sugar, honey, corn syrup and lactose (dairy products).

The majority of your carbs should come from whole grain sources of pasta, rice, and other grains such as oatmeal or bread. Aside from energy,



whole grains also contain fibre, a vital digestive aid that breaks down food, controls appetite and regulates cholesterol and sugar levels in your blood. Try to get 30g of fibre a day.

PROTEIN

Protein, made from chains of amino-acids, is the building block of muscle and comes from plant and animal sources. A generous mix of both is preferable to balance a diet.

- **ANIMAL SOURCES:** Skinless chicken breast, fish, lean beef, eggs, low fat dairy
- **PLANT SOURCES:** Beans (such as kidney and red), lentils, nuts (such as almonds and peanuts), tofu and quinoa

FAT

Fats are essential for digestion, vitamin absorption, and many other body functions. Meet your basic fat requirements but avoid deep fried, commercially processed foods with transfat and hydrogenated fats.

Fats can be broken into two basic types:

- **SATURATED (BAD):** Animal - red meat, poultry skin, dairy products such as butter, cream and whole milk
Plant - cocoa butter, coconut and palm oils
- **UNSATURATED (GOOD):** Peanut butter, avocados, olives, oils such as canola, corn, sunflower, flax



GEORGES ST-PIERRE

RUSHFIT

PRE/POST WORKOUT GUIDELINES

PRE WORKOUT GUIDELINES

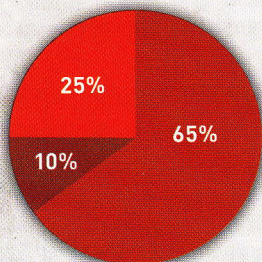
Prior to a workout you must eat to load up on energy. Choose a small meal or snack low in fat, some protein, and high in carbs.

Large Meal

3-4 hours before workout

Small Meal/Snack

1-2 hours before workout



PRE WORKOUT MEAL PROPORTIONS:

65% Carbs

35% Protein

10% Fat

Examples:

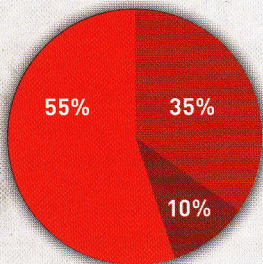
- yogurt and fruit (banana)
- granola bar
- fruit smoothie with yogurt
- peanut butter sandwich with whole grain bread

Water

Half to three quarters of a litre over a two hour period before a workout.

POST WORKOUT GUIDELINES

After a high intensity workout your body is craving everything. During this fresh time of repair, choose a meal that will restore energy reserves and supply muscle repair to speed recovery. Don't forget to hydrate.



POST WORKOUT MEAL PROPORTIONS:

35% Carbs
55% Protein
10% Fat

Examples:

- chicken breast or steak with potatoes or rice
- 3 egg whites and whole wheat toast
- tuna sandwich
- oatmeal, skim milk and berries

Water

One half to full litre of water over a two hour period after a workout.



LIST OF DO'S

- **Eat small meals throughout the day:** Your body uses only what it needs and stores what ever else it cannot process at that time. So, instead of one or two big meals in a day, try to eat three decent meals, and two healthy snacks. This will speed up your metabolism and help you stay properly fueled.
- **Drink lots of Water:** Your body needs water to help you flush toxins, burn fat, maintain proper mineral levels and keep you hydrated. Between 6-8 glasses a day is good, depending on your activity level.
- **Get lots of Fibre:** This will also help clean out the system. Good sources of fibre: fresh fruits, vegetables, and whole grains.
- **Protein:** You will get most of your protein from lean white meat, fish and legumes. Salmon has great oils and essential fatty acids. You need this kind of fat.
- **Good Fat:** Healthy fats, such as Omega-3 and 6 fatty acids, boost your immune system and are good for your skin and joints. Good sources of these fats are minimally processed foods such as avocados, fruits, grains, seeds, nuts (not peanuts), legumes, and fish; the majority of added fats should come from olive, canola, and flax oils. Avoid all fried, fast and processed foods. Absolutely no hydrogenated fats or oils.

- 
- **Sleep:** Your body needs to recuperate and rebuild itself so aim to get between 6-8 hours a night.
 - **Sweat:** A lot. This is the best way to get toxins out of your system, so workout hard with RUSHFIT.
 - **Stretch:** Stretching helps you release toxins, prevent injury and soreness, break up scar tissue, elongate and increase blood flow to muscles, and most importantly, achieve the mental strength to follow through with this program.



GEORGES ST-PIERRE

RUSHFIT

LIST OF DON'TS

- **Processed Foods:** Stay away from fast food chains, boxed or frozen dinners, canned soups, processed meats, processed cheeses, ready made sandwiches and fast food outlets.
- **Hydrogenated Fats or Oils:** Studies show that these trans fats are strongly linked to cardiovascular disease and the World Health Organization and the National Academy of Science are recommending that trans fats be eliminated from our diets completely.
- **Sugar of Any Sort:** Sugar is a drug, and we become physically addicted to it. Our bodies build up a tolerance and crave more and more. Sugar messes with your insulin levels, which in turn, affect your energy levels. Examples: no pop, high fructose fruit juice, candy, cakes or ketchup (yes, it is full of sugar).
- **Coffee:** Coffee interferes with the absorption of important minerals like calcium, iron, and other minerals and nutrients. In large quantities, coffee can cause a range of health malfunctions from constipation to serious stomach aches, and can trigger conditions like anxiety disorders and acid reflux. If you really need to, limit your coffee to one cup per day.
- **Alcohol:** It turns into sugar in your system and is very high in calories. Reducing alcohol consumption will allow you to understand your habits and needs much more objectively.

- 
- **Chemicals, pesticides, preservatives:** Try to buy organic when possible as there are a lot of harmful substances added to our food these days and your body needs a break from processing it all. This includes meat and poultry as well as fruits and vegetables.
 - **White and starchy:** Whole grain flour, rice, pasta, etc. are much better choices. Refined and processed foods take away the minerals, nutrients and fiber and leave only the starch. This will imbalance your insulin levels, thus making your energy levels erratic.
 - **Minimize dairy products:** Especially cheese. It's very high in saturated fats – if need be, go for soy cheese.

REMEMBER... Training camp is about building muscle, cutting weight and getting in shape!



THE SUPER FOODS

Plant based foods are rich in nutrients, phytochemicals, antioxidants, fibre and essential fatty acids. These are commonly known as the Super Foods, which are foods that contain a relatively high nutrient and phytochemical density when compared to the amount of calories. Focus on these foods in your diet for better nutrition and results.

The following is a list of the Super Foods:

- **Berries:** Contain Pectin, a dietary fibre, lots of nutrients and antioxidants. *Includes: Blueberries, blackberries, cranberries, raspberries, and strawberries.* Eat one to two cups per day.
- **Citrus fruits:** Contain vitamin C, folic acid, polyphenols, and potassium. *Includes: Oranges, tangerines, grapefruits, lemons and limes.* Eat one to two fruits per day.
- **Cruciferous Vegetables:** Contain many antioxidants and dietary fibre. *Includes: Broccoli, brussel sprouts, cabbage, kale, turnips, cauliflower, collards and bok choy.* Eat one to one half cup per day.
- **Eggs:** Great source of protein, vitamin B12, riboflavin and selenium. Eat one whole egg, three times per week. If you want more of the protein, eat just the whites.
- **Green Leafy Vegetables:** Contain calcium, magnesium, folate, polyphenols, fibre and trace amounts of omega – 3 fatty acids. *Includes: Spinach, kale and mustard and turnip greens.* Eat one cup steamed or two cups raw per day.
- **Legumes:** Contain protein, soluble fibre, complex carbs, B vitamins, and minerals. *Includes: A variety of beans and lentils.* Eat half a cup four times per week.
- **Nuts and Seeds:** Contain concentrated source of plant protein, heart healthy monounsaturated fatty acids, and a variety of vitamins and



minerals. *Includes: Brazil nuts, pecans, almonds and walnuts. Keep nuts in the fridge to prevent them from getting rancid. Seeds include: flaxseeds, pumpkin seeds, and sunflower seeds.* Eat 30 – 50 grams per day. This is not much as they can be high in calories, so watch it; a serving is about one hand full.

- **Oats:** Contain good complex carbohydrates, iron, thiamin, selenium and soluble fibre. Eat one to one half cup per day.
- **Olives and Olive Oil:** Great source of vitamin E. Use cold pressed extra virgin olive oil. Have one to two tablespoons per day.
- **Omega Fish:** Cold-water fish, including wild salmon, trout, sardines and albacore tuna are a great source of omega-3 fatty acids. Eat a seven-ounce fillet two to four times per week.
- **Soy:** Soy products include: tofu, soy milk, soy meat and wieners, and soy protein powder. Eat about 25 grams of soy protein a day.
- **Green Tea:** It's full of antioxidants and there is a variety to choose from.
- **Tomatoes:** Full of cancer fighting Lycopene. Get it in a can, bake it, or eat it raw, it doesn't matter; it's all good for you. Eat a half a cup once per day.
- **Turkey:** A great source of low fat protein, as well as providing essential vitamins and nutrients. Eat about 85 grams three to four times per week.
- **Whole Grains:** Provide fibre rich complex carbohydrates, with enormous variety. *Includes: whole wheat, spelt, rye, barley, oats and brown rice.* Eat a half a cup three times per week.
- **Yogurt:** Contains live active cultures, known as probiotics, which promote multiple immune-stimulating activities both inside and outside the gastrointestinal tract. You can flavor with fresh or dried fruit and/or nuts. Buy it without sugar and eat about two cups per day.



YOUR DAY AT A GLANCE

BREAKFAST

Breakfast should be eaten within one hour from the time you get up, as this will kick start your metabolism. What you eat for breakfast will depend on what you will be doing that morning. If you are working out shortly after getting up, then have a light snack before your work out, and a big breakfast shortly after. **You want to get most of your calories before 5pm**, so having a big breakfast and lunch is very important. Sometimes it takes a while to get used to having a big breakfast; you can increase it slowly at first to get your body used to it. If you are a morning coffee drinker, try to stick to one cup, with limited or no sugar. You can substitute black tea instead for the first week, then try green tea as an alternative.

Breakfast Ideas:

- Power shake with skim or soy milk, blueberries, a banana and protein powder
- Steel cut oats
- Poached eggs, steamed veggies and fruit
- Yogurt with fruit, nuts or granola
- Egg white omelet with turkey and vegetables

LUNCH

Lunch is another very important meal, at which you should be getting a lot of your calories and carbohydrates. During the day is when your body needs the energy provided by a good healthy lunch. Have some green tea at this time as well. Lunch is a great time for you to get your whole grains, as these are an energy rich food, which you don't want to consume just before bed.



Lunch Ideas:

- Vegetable stir-fry (broccoli, carrots, beats, edamame, green beans, etc), chicken breast
- Chicken with whole grain brown rice (one handful)
- Grilled vegetables and sautéed tofu
- Stew and whole grains
- A bean salad with whole grains
- A hearty soup

DINNER

Dinner should be eaten no later than two to three hours before going to bed and it should be a nice light meal. A heavy dinner will sit in your belly and not digest properly, as well as causing you a poor nights sleep.

Dinner Ideas:

- Veggie stir-fry with grilled turkey breast
- Grilled tofu and vegetables
- Black bean soup
- Lettuce wraps with organic, skinless chicken
- Spinach salad (with olive oil and balsamic) with a grilled fillet of salmon (about 7-8oz)

SNACKS

This is also a very important addition to your diet. Healthy snacks keep your metabolism high and prevent your body from going into starvation mode, causing you to retain every calorie and ounce of fat you consume. You should eat something every three hours, and never go for more than five hours without food. Try to also follow the protein, carb, fat ratio with your snacks. Try evenly spacing out your snacks between breakfast and lunch, lunch and dinner and dinner and bed.



GEORGES ST-PIERRE

RUSHFIT

MANAGING YOUR DIET

DAILY FOOD

Start with a good breakfast, eat frequently throughout the day, and consume 2-3 litres (6-8 glasses) of water per day. If you do not eat enough, you may experience symptoms of low blood sugar, such as fatigue, irritability and headaches. Do not rely on just a few foods, vary your diet by choosing a wide variety of foods. Eating enough fibre throughout the day will help the cleansing effect of the diet and promote regular bowel movements. It will also help lower cholesterol levels and reduce the risk of bowel cancer. Some great sources of fibre are beans, grains, fruits and vegetables, nuts and seeds.

PLAN AHEAD

If you have a busy schedule, take some time to make a list of your favorite types of foods that are permitted in the booklet. Most traditional meals can be easily modified to meet these recommendations and this will make the transition easier for you. It may also be helpful if you can prepare meals for the week ahead on the weekend, to cut down on preparation time during the week. Get into the habit of carrying pure water, snacks, seasonings, etc., wherever you go to supplement your meals or to have something on hand if you start to get hungry.

READ LABELS

When shopping, be sure to check all labels. Many times, ingredients you are trying to avoid will be covered up with other names. "Flour" usually means wheat; "vegetable oil" may mean corn oil, anything that ends in "...ose" is typically another way of saying "sugar". Ask for assistance when searching for "recommended" versions of bread, crackers, cereals, soups, etc. Look at labels of your vitamins as well to be sure they are free of wheat, corn, sugar, yeast and artificial coloring.

DINING OUT

Don't hesitate to ask questions or make a request (just be friendly about it). Most restaurants are accustomed to special dietary needs and are happy to make changes to their dishes. Just be clear of your restrictions. Many cafes will have an ingredients list of their offered food.

REMEMBER YOUR BMR

MONDAY	
IN	
BMR	
OUT	
+ / -	

- IN** How many calories consumed today
- BMR** Basal Metabolic Rate
- OUT** How many calories burned today
- +/-** The total calorie deficit or surplus